

# Southern Banana Pudding

**Makes:** 10 servings

## Ingredients

**3 3/4 cups** milk (fat-free)  
**2** instant vanilla pudding and pie-filling mix (small packages 4 serving size, fat-free, sugar free)  
**32** vanilla wafers (reduced-fat)  
**2** banana (medium, sliced)  
**2 cups** frozen whipped topping (fat-free, thawed)

## Directions

1. Mix 3½ cups of the milk with the pudding mixes. Beat the pudding mixture with a wire whisk for 2 minutes until it is well blended. Let stand for 5 minutes.
2. Fold 1 cup of the whipped topping into the pudding mix.
3. Arrange a layer of wafers on the bottom and sides of a 2-quart serving bowl. Drizzle 2 tablespoons of the remaining milk over the wafers. Add a layer of banana slices and top with one-third of the pudding.
4. Repeat layers, drizzling wafer layer with remaining milk and ending with pudding. Spread the remaining whipped topping over the pudding.
5. Refrigerate for at least 3 hours before serving.

## Nutrition Information

Key Nutrients	Amount	% Daily Value
<b>Total Calories</b>	<b>140</b>	
Total Fat	2 g	3%
Protein	4 g	
Carbohydrates	26 g	9%
Dietary Fiber	1 g	4%
Saturated Fat	0.5 g	3%
Sodium	170 mg	7%